

**AMENDMENTS TO THE CLAIMS:**

This listing of the claims replaces all prior versions and listings of claims in the application.

1. (Currently Amended) A rotary damper ~~having a valve mechanism, comprising a valve mechanism,~~ wherein the valve mechanism comprises  
an operating chamber through which fluid can pass,  
a valve chamber formed adjacently to the operating chamber,  
a valve body ~~to be housed in the valve chamber~~ which is placed in the valve chamber in a natural state and, when receiving pressure of fluid flow into the valve chamber, moves forwardly to go into the operating chamber, and  
a first spring mounted in the operating chamber ~~to give a resistance to the valve body moving forwardly in the operating chamber,~~  
wherein the damper is structured and arranged to apply fluid pressure behind the valve body which increases in proportion to a load,  
wherein the fluid, when moving from the valve chamber to the operating chamber, owing to entering of the valve body is structured and arranged to move forward into the operating chamber upon receiving the pressure of the fluid, moves only through a flow path formed between an inner peripheral surface of a peripheral wall of the operating chamber and an outer peripheral surface of the valve body; and  
wherein a flow rate of the fluid passing through the a flow path becomes smaller according to a movement of the valve body forwardly from its natural state position in the operating chamber.  
wherein the first spring is structured and arranged to provide a resistance to the forward movement of the valve body so that the valve body moves according to the pressure of the fluid,  
wherein the valve mechanism further comprises a flow path which is formed by the forward movement of the valve body,  
wherein the flow path is formed between an inner peripheral surface of a peripheral wall of the operating chamber and an outer peripheral surface of the valve body by the forward

movement of the valve body,

wherein the damper is structured and arranged such that the fluid moves only through the flow path when moving from the valve chamber to the operating chamber, and

wherein a length of the flow path becomes longer as the valve body moves forwardly.

2. (Cancelled)

3. (Cancelled)

4. (Cancelled)

5. (Currently Amended) The rotary damper according to claim 1, ~~wherein the valve body is so configured as to be able to retreat from its natural state position by receipt of the pressure of fluid flown in the operating chamber, and~~

~~wherein the valve mechanism is further provided with further comprises a second spring mounted in the valve chamber to return the valve body having retreated from its natural state position back to its natural state position which is placed behind the valve body, and~~

wherein the second spring is structured and arranged to return the valve body to a natural state position which is a position where the valve body exists when no load is applied.

6. (Currently Amended) The rotary damper according to claim 1, ~~wherein the valve mechanism is provided on a shaft around which further comprising,~~

~~a pushing member which pushes the fluid by rotational motion, or~~

~~a partitioning member is provided, the partitioning member which partitions a space into which fluid is charged together with the pushing member, and~~

a shaft around which the pushing member or the partitioning member is provided,  
wherein the valve mechanism is provided in the shaft.

7. (Currently Amended) The rotary damper according to claim 1, ~~wherein the valve mechanism is provided on further comprising~~

~~a pushing member which pushes the fluid by rotational motion or on-, and~~

a partitioning member which partitions a space into which fluid is charged ~~together with the pushing member, and~~

wherein the valve mechanism is provided in the pushing member or the partitioning member.

8. (Currently Amended) A product comprising a movable body and a rotary damper which controls motion of the movable body, wherein the rotary damper is that described in any one of the claims 1, 2 and 5 to 7.